

# Counseling Services

## Now Available in Heber

4 Oct '84

Counseling services for Wasatch County residents are now available at the old North School in Heber. Services are for all ages and include individual,

group and family therapy, consultation and prevention services in the area of parenting, communication and stress man-

agement. Fees are based on income. All services are confidential. Call Park City Family Counseling Institute for an appointment at 649-2426.





# Utah still battling to curb health costs

## Deseret News special

SUN VALLEY, Idaho — Gov. Scott M. Matheson said Utah is making good progress in containing spiraling health care costs, but the state still has a long way to go, and the challenge will become even more complex and frustrating.

The governor was one of the speakers at an education seminar for Blue Cross-Blue Shield of Utah in Sun Valley Saturday.

He said the state has taken several steps recommended by the Utah Department of Health and the Utah Health Cost Management Foundation in a study published in February 1983, and Matheson, who is not seeking re-election, urged the next governor — whoever he turns out to be — to intensify the effort.

"In my opinion, a solid foundation for reform has been laid, and we have already implemented some of its recommendations," Matheson said. "It would be irresponsible for the state to relax now."

"I consider this study to be one of the most significant we've ever conducted. It can be a model to the nation in establishing price competition as the controlling factor in the health care market."

The governor said price competition seems to be the best way to go, but how to do it is the problem.

Some objectives of the Utah plan are:

- To establish alternative health care delivery systems, such as a health maintenance organization or a preferred provider plan that competes on the basis of the price of the health care it sells;

- To establish one strong additional full-service HMO as soon as possible;

- To have a preferred provider plan as an optional program for Utah Medicaid Program enrollees by July of next year;

- To give consumers an incentive to consider cost at the time a health care service is delivered;

- To change the reimbursement system by July 1985 so that payments to health care providers are based on something other than cost or charges. The governor said a major problem with existing reimbursement systems based on cost or charges is that they provide little incentive for providers to be cost-efficient.

- To make available to all third-party payers in the state by next January the specific methodology for alternatives to reimbursement based on cost or charges;

- To make accurate information on the cost and quality of health care available to the people;

- To seek ways of assuring minimum acceptable standards for medical care delivery in a price-competitive system. The study recommends that the Department of Health develop specific criteria to

assess and maintain the quality of care in HMOs and preferred provider plans and to establish a mechanism for reviewing health care quality.

Matheson said it also was recommended that the health department update all regulations governing licensed health care facilities. He said some of these new regulations were published in April, and regulations for nursing homes will be updated sometime this coming autumn.

The governor said another objective is to protect low-income groups who might find it difficult to get good health care as hospitals and other providers seek to avoid the risk of bad debts in their efforts to maintain low costs.

He said a special task force is working on that problem, and its findings will be made public soon.

The report also recommended that a task force should determine if the costs for operating teaching hospitals are legitimately higher — and if they are, how much. Specific recommendations should be made to cover these costs in a competitive environment.

Matheson said health care costs have long been one of his primary concerns, and he intends to continue his own efforts beyond his term as governor through involvement with the American Medical Association health care cost-containment study group.





# Kamas YMCA Camp

## Needs Volunteer Nurses

Imagine yourself sitting on the First Aid Cabin's front porch with your feet propped up on the railing reading snatches from that book you've been trying to read all year as you occasionally look up to watch the campers playing a game of stick ball in the early evening. Your little boy comes running up anxious to share a few moments with you to discuss his itinerary for the next day. You're the camp nurse for the week at the Y.M.C.A. Camp Rogers, a highly organized children's summer camp located approx. 14 miles above Kamas, Utah. The children, both boys and girls ages 9-13 arrive at the camp Sunday afternoon and stay through to Friday afternoon each week. Your job as the volunteer camp nurse is to check them in on Sunday to make sure there is no acute infections and to gather up medicines the children have had to bring; which you will make sure they receive in the big lodge at mealtimes. Other than some minor scrapes, a mild sunburn case and a headache to treat from maybe too little sleep the night before; your day has been a pleasant break from the busy city life you just left.

Camp Rogers urgently needs two more volunteer camp nurses to cover First Aid duties this summer. The weeks that are not as yet scheduled are 1) July 21-26th and 2) August 18-23rd.

The Y.M.C.A. will see to it that your child will enjoy a summer camp experience free of charge in exchange for your services; while you enjoy a real get-away too. We encourage any Registered nurse or qualified L.P.N., male or female, to call the Y.M.C.A. in Salt Lake at 533-9622 Kim Herron, Camp Director or 261-3970 Kathy Black R.N., Camp Health Supervisor.

### "Bright Ideas"

### Workshop

### Scheduled

A "Bright Ideas" workshop for gifted-talented children and their parents will be held this Saturday, July 13th, starting at 9:00 a.m. at the Wasatch Middle School. Dr. Ivan Muse and staff from B.Y.U. will present the workshop which will include folk dancing, drama and creative thinking for the students. In addition, there will be a concurrent workshop for the parents to inform them of ways to help their children.

Registration can be obtained at the door 8:45 a.m. on Saturday.







In the area of respiratory therapy, a lung volume test will be given during Hospital Week.  
*16 May 1985*



One of the test being given during Hospital Week is a skin folding test.



## Lifework Week Planned at the Hospital

Wasatch County Hospital has planned several community activities to highlight National Hospital Week, May 12-18. Some of these activities, which the public is invited and encouraged to participate include:

Free Blood Pressure Checks,  
Thursday, 16, 10:00-12:00 a.m.  
2:00-4:00 p.m.

Friday 17, 10:00-12:00 a.m.  
2:00-4:00 p.m.

New Birthing Room Tour:  
Thursday 16, 10:00 a.m. 2:00  
p.m. 7:00 p.m. Friday, 17, 10:00  
a.m. 2:00 p.m. 7:00 p.m.

Free fitness testing, (Blood  
Cholesterol, Skin fold analysis  
for percent body fat, and total  
lung volume test) Thursday 16,  
2:00-4:00 p.m. Friday 17 2:00-  
4:00 p.m.

Anyone interested is invited to  
the hospital to participate in the  
activities.

May 12-18 is National Hospital  
Week. "Lifework", the theme  
for National Hospital Week 1985,  
describes the role of the Wasatch  
County Hospital, it's employees,  
and it's volunteers. It represents  
their dedication to improving the  
quality of life for each member of  
our community.

This week is an ideal time for  
the Heber Valley residents to  
acknowledge the many benefits  
that we derive from having  
Wasatch County Hospital in our  
community.

Trained, quality doctors,  
nurses, technicians and other  
personnel are available twenty-  
four hours a day to handle all  
emergencies and health needs.  
The hospital also has a growing  
home health service for those  
who need medical attention but

are able to stay at home and the

Long Term Care facility offers  
excellent skilled nursing for  
those patients in need of a  
prolonged hospital stay. The  
patients of LTC not only receive  
good care, but are also treated to  
musical programs, family home  
evening, Sunday Church ser-  
vices, birthday parties, and much  
more.

The acute, or more seriously ill  
patients, also receive lots of TLC.  
The nurses, technicians and other  
personnel pride themselves in  
adding a personal touch to the  
care they give by introducing  
themselves, showing sincere  
interest in the patient and their  
individual needs, and genuinely  
caring about their welfare.

In order to keep up with the  
constantly changing technology  
and equipment, education  
classes are held at the hospital on  
a regular basis. Many hours are  
dedicated to training and teach-  
ing personnel to assure the best,  
most up-to-date medical care  
possible.

Now enough about the  
hospital. National Hospital Week  
is really a celebration for  
everyone. Our hospital's staff  
works to better the health of our  
community, but each one of you  
are "Lifeworkers" too. You have  
the responsibility to develop a  
pattern of healthy living and to  
be a wise health care consumer.  
You should know your own body,  
know what's happening to it and  
what's going to happen to it.

Take an active part in your own  
health care, and hopefully you  
won't soon need the services of  
Wasatch County Hospital, but  
it's nice to know there is health  
care "close to home" just in  
case. How great it would be if our  
community could follow the  
current national trend and all  
together become a healthier  
people.



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## Our Hospital Provides Good Care

Dear Editor:

Our hospital is in a difficult position. It is a small rural hospital that is having to provide the same quality of care as the big valley hospitals. That's what people expect and deserve. It doesn't mean we will do brain surgery or implant mechanical hearts! It does mean doing a good job of what we can and must do and getting help quickly when we need it.

I have seen a lot of changes in our hospital in the two years I have been here. This year I have been able to take care of more sick children here, near their families, and provide the same care they would have gotten at a

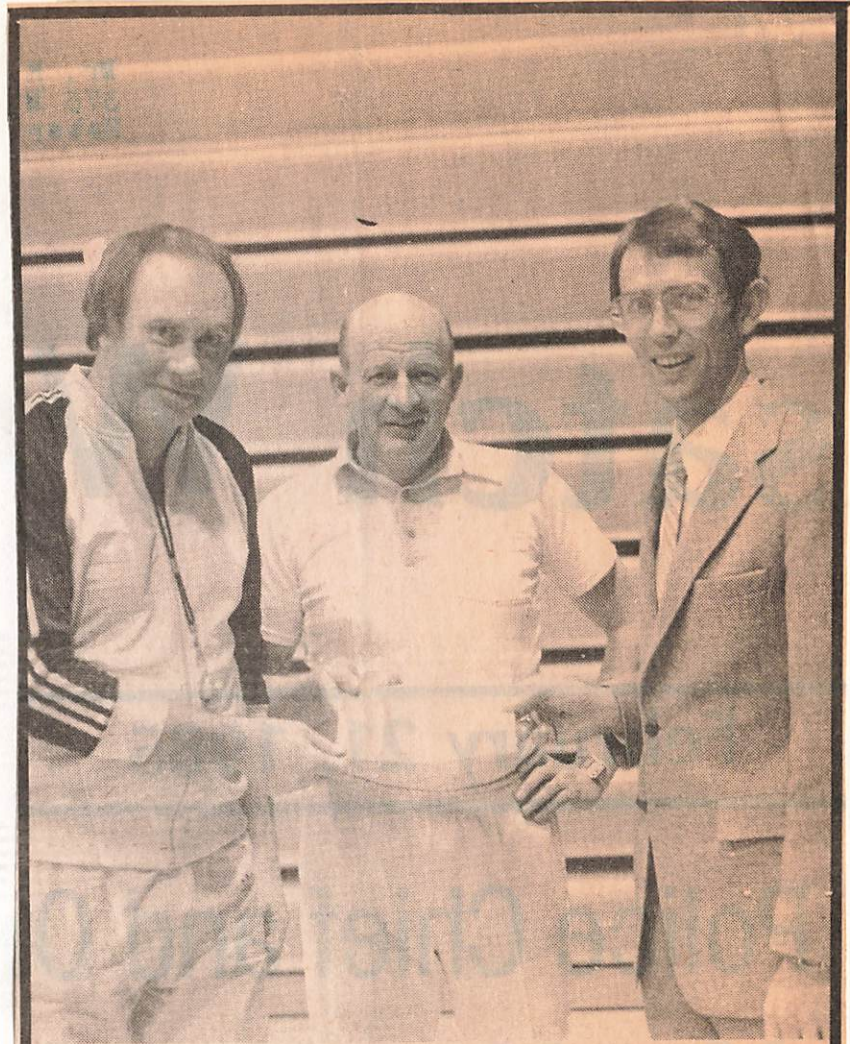
14 Feb 1985

bigger hospital. Our staff has to work harder to do it but I don't hear complaints!

Doing more here has made me even more aware of how much I depend on Primary Children's Hospital for extra special help. Hearing that helicopter is like seeing the cavalry come over the ridge!

We should all be thankful we have a little hospital that tries as hard as ours does. We show that each time we use it. We can say thanks to Primary by contributing to the pennies campaign. And, I have a special "thank you" for the Wave for all its support!

Dr. Kitty Ferguson



## Hospital Presents

## Check to Coaches

21 Feb 1985

Coach Farr (left) and Coach Tolley (right) receive a check from Randy Hansen on behalf of the "Pennies by the Inch". The hospital donated six cents for every inch, for each player on the girls and boys basketball team.



February 21, 1985



## Hospital Presents Check to Coaches

*21 Feb 1985*

Coach Farr (left) and Coach Tolley (right) receive a check from Randy Hansen on behalf of the "Pennies by the Inch". The hospital donated six cents for every inch, for each player on the girls and boys basketball team.



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**NOTICE**

Wasatch County Hospital, 55 South 500 East, Heber City, Utah as a recipient of Hill Burton Funding will provide uncompensated Hospital services for fiscal year 1985--January - December as follows:

1. Plan of Allocation:

a) Types of Services Available: All services provided by Wasatch County Hospital.

b) Method of Distribution: On a first request basis to all eligible persons until the annual compliance level for the Hospital is met.

c) Financial Eligibility Criteria: Category A- No charge; Category B- Reduced charge.

2. Total amount of Uncompensated Services Available: \$44,600.00. Health Services is provided as required by Federal Register Rules and Regulations Vol. 44, No. 98, Friday May 18, 1979.

Wayne T. Terry,  
Administrator

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